

LADAKH · LEH · HIMALAYA

Chadar Trek (Frozen River)

9 days · 8 nights · Difficult · summit at 3,400 m

₹25,500

per person + 5% GST · EMI available at checkout · Free microspikes & gaiters

DURATION

9 days

GRADE

Difficult

HIGHEST POINT

3,400 m 11,155 ft

TREK DISTANCE

60 km

ABOUT THE TREK

Chadar Trek (Frozen River) at a glance

Trek fee per person

₹25,500

+ 5% GST ₹1,275

₹26,775 all-in

EMI available at checkout

Book at

trekkaro.com/trek/chadar-trek

Free microspikes & gaiters

Free microspikes and gaiters on this trek, no deposit and no charge. Bring your own trekking shoes, warm jacket and poles. Tents and sleeping bags are provided on camping nights.

WHY TREK WITH TREKKARO

- ✓ World's only Free Trekking Gear company, since 2018
- ✓ Groups capped at 20 · one leader or guide for every 8
- ✓ Certified trek leaders, oximeter checks, first-aid kit
- ✓ Hot, fresh meals cooked at camp
- ✓ 4.7 on Google · 4.9 on Facebook
- ✓ Free rescheduling up to 8 days before

Most trails are made of earth and rock. This one is made of water, frozen hard enough to carry you. In the depth of the Ladakh winter, the Zaskar River closes over with a thick sheet of ice known as the Chadar, the blanket, and for the remote villages of Zaskar it becomes the only way in and out. You step onto it in gumboots, testing each patch before you trust it, with towering cliffs on either side and the emerald green of the river showing against the white. In our experience, nothing else in Indian trekking feels quite like that first hour on the frozen Zaskar.

The Chadar trek follows the frozen Zaskar River through the Zaskar region of Ladakh, walking on the ice for several days between towering cliffs and deep gorges. Along the way the river shows you frozen waterfalls hanging on the rock walls, a waterfall that never freezes...

TEMPERATURE IN THE SEASONS THIS TREK RUNS

In winter (January – February) – Day

time temperature

–5°C to 0°C and Night time temperature: –30°C to –15°C

The itinerary

1 DAY 1

Arrival at Leh (3,500 m / 11,483 ft)

The Chadar Trek begins with a flight into Leh.

2 DAY 2

Acclimatisation day at Leh (3,500 m / 11,483 ft)

Under the current regulations for the Chadar Trek, every trekker must spend at least two days in Leh before starting the trek.

3 DAY 3

Medical test day at Leh (3,500 m / 11,483 ft)

Today decides whether you walk on the Chadar.

4 DAY 4

Leh (3,500 m / 11,483 ft) to Shingra Koma (3,150 m / 10,335 ft)

75 km drive, 3-4 hrs; then trek to Tsomo Paldar (3,200 m / 10,500 ft); 3 km, 2 hrs

After breakfast at the hotel you drive 75 km from Leh to Shingra Koma, about 3 to 4 hours.

5 DAY 5

Tsomo Paldar (3,200 m / 10,500 ft) to Tibb Cave (3,350 m / 10,991 ft)

14 km, 6-7 hrs

Today is long but gentle.

6 DAY 6

Tibb Cave (3,350 m / 10,991 ft) to Nerak (3,400 m / 11,155 ft)

13 km, 6-7 hrs

This is the most awaited day of the Chadar Trek.

7 DAY 7

Nerak (3,400 m / 11,155 ft) to Tibb Cave (3,350 m / 10,991 ft)

13 km, 5-6 hrs

Today you turn back down the river and begin the return leg. Do not expect a repeat of the walk up.

8 DAY 8

Tibb Cave (3,350 m / 10,991 ft) to Shingra Koma (3,150 m / 10,335 ft)

17 km, 5-6 hrs; then drive to Leh; 75 km, 3-4 hrs

The final day on the ice starts early. The trail may feel familiar, but it is never quite the same.

9 DAY 9

Departure from Leh

Your Chadar Trek ends in Leh today. Hotel check-out is at 10:00 AM, so pack the night before and leave yourself an unhurried morning.

PICK YOUR DATES

Upcoming departures

JAN 2027 9 – 17 Sat to Sun · 9 days	JAN 2027 10 – 18 Sun to Mon · 9 days	JAN 2027 16 – 24 Sat to Sun · 9 days	JAN 2027 17 – 25 Sun to Mon · 9 days
JAN 2027 23 – 31 Sat to Sun · 9 days Republic Day	JAN 2027 30 – 7 Feb Sat to Sun · 9 days	FEB 2027 6 – 14 Sat to Sun · 9 days	FEB 2027 13 – 21 Sat to Sun · 9 days
FEB 2027 20 – 28 Sat to Sun · 9 days			

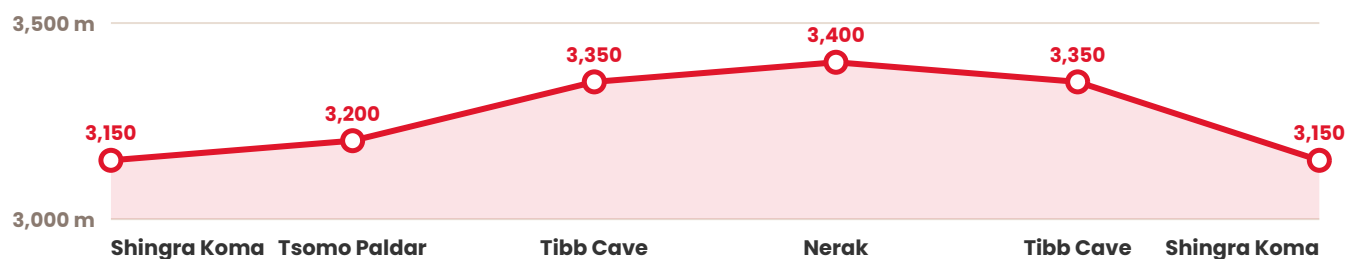
live seats and booking: trekkaro.com/trek/chadar-trek · booking closes at 5 PM the day before departure · groups capped at 20 with one leader or guide for every 8 trekkers.

The route



Satellite view with the camps and the summit marked; the trek page has the same map with the trail walked day by day.

ALTITUDE PROFILE



ROUTE, STOP BY STOP

- | | |
|--|--|
| <p>1 Shingra Koma 3,150 m
Day 4 · Base · Road head on the Zaskar</p> <p>2 Tsomo Paldar 3,200 m
Day 4 · Camp · First camp on the ice</p> <p>3 Tibb Cave 3,350 m
Day 5 · Camp · Cave camp</p> | <p>4 Nerak 3,400 m
Day 6 · Summit</p> <p>5 Tibb Cave (return) 3,350 m
Day 7 · Camp · Return camp</p> <p>6 Shingra Koma (trek end) 3,150 m
Day 8 · Base · Drive to Leh</p> |
|--|--|

FEE COVERS

What is included

✓ Accommodation	Day 1, Day 2, Day 3 and Day 8: centrally heated guesthouse rooms in Leh with attached washrooms, on a twin-sharing basis (triple in rare cases). Hot water in buckets on Day 1, Day 2 and Day 3; running hot water in taps on Day 8. Day 4 to Day 7: camping during the trek. Extra luggage can be kept safely at Leh while you are on the trek.
✓ Meals	Pure vegetarian meals from Day 4 breakfast to Day 8 lunch.
✓ Transport	Leh to the trekking point on Day 4 and the trekking point back to Leh on Day 8, as per the itinerary.
✓ Camping & Safety Equipment	Tents and sleeping bags. Free microspikes and gaiters (no deposit, no charge), plus ice axes and ropes. First aid, oxygen cylinders, a medical kit and stretchers at all campsites for emergencies.
✓ Trek Team	Experienced trek leaders, supported by certified local guides. Guided visit in Leh to the Hall of Fame, Shey Monastery and Thiksey Monastery.

OPTIONAL ADD-ONS

Backpack Offloading	₹5,000 + 5% GST for the whole trek (max 9 kg)
Single Tent Occupancy	₹2,000 + 5% GST for the whole trek

What is not included

✗ Transport	Not included: pick-up and drop-off at Leh Airport. We help you book a cab from Leh Airport to the Trekkaro Leh Hotel on arrival, and from the hotel to Leh Airport on Day 9, paid directly to the driver. Flights to and from Leh, booked by you.
✗ Backpack Offloading (optional)	Porter to carry your personal luggage: ₹5,000 + 5% GST.
✗ Personal Equipment	Trekking shoes, jacket and trekking poles: bring your own (microspikes and gaiters are provided free).
✗ Trek Insurance	High-altitude risk insurance is mandatory before joining (as per ALTOA guidelines) and is not included.
✗ Anything Not Mentioned Under Inclusions	Meals in Leh. Mandatory fees paid directly to the authorities on the spot: pre-medical check-up, rescue fees, wildlife/environmental charges, ALTOA NOC and entry fees (approximately ₹6,000–₹8,000). Personal shopping, tips or additional services. Charges for evacuation, hospitalisation or medical emergencies. Additional costs from decisions made by local authorities or administration.

Things to carry

Basic Gears

Chadar is a January–February walk on the frozen Zaskar River, where temperatures can drop to -30°C , so bring your own expedition-grade footwear and gear.

- **Gumboots** – bring your own; essential for the icy, slushy and wet sections on the river
- **Trekking shoes** – bring your own: broken-in, waterproof, with good grip and ankle support
- **Trekking poles** – bring your own; they give balance on the ice and reduce strain on your knees
- **Backpack** – 50–60 L with a rain cover
- **Day pack** – 20–30 L; needed if you hire a porter for your main bag (porter charges are extra)
- **Water bottles** – 2 x 1 L, at least one insulated, as water freezes quickly here
- **Headlamp** – with spare batteries; keep spares close to your body, as cold drains batteries fast
- **Microspikes and gaiters** – provided free (no deposit, no charge)
- **Tents and sleeping bags** – part of the trek inclusions, so you do not need to bring them

Clothes

Nights on the Chadar can fall to -30°C , so pack 5 warm layers – thermals, 2 fleece or woollen layers and a heavy padded or down jacket – and keep one dry set in a waterproof bag.

- **Padded or down jacket** – bring your own; heavily insulated and windproof, for extreme cold
- **Thermal inners** – 2 sets, top and bottom
- **Fleece or woollen layers** – 2 (a fleece jacket and a thick woollen sweater)
- **Windproof, waterproof outer layer** – to wear over your layers in wind and snowfall
- **Trek pants** – 2, worn over thermals; no jeans
- **Collared T-shirts** – 3, quick-dry, full sleeves
- **Socks** – 2 pairs of cotton or sports socks plus 4–5 woollen pairs, as feet can get wet in gumboots
- **Caps** – a woollen cap that covers your ears, and a sun cap
- **Balaclava** – essential against the freezing wind on the river
- **Gloves** – 1 fleece or woollen pair plus 1 waterproof pair
- **Spare warm set** – one set of dry clothes sealed in a waterproof bag for emergencies

Accessories

Sun on ice and snow is harsh at 3,400 m in winter, and the air is very dry, so protect your eyes and skin.

- **UV sunglasses** – to prevent snow blindness from the ice and snow glare

- **Sunscreen** – SPF 50+
- **Lip balm** – with SPF, to prevent chapped lips
- **Quick-dry towel** – small and light
- **Toiletries** – toothbrush, toothpaste, biodegradable soap and hand sanitiser; no wet wipes, as they are not biodegradable
- **Ziploc and plastic bags** – to separate wet clothes from dry ones and to carry your waste back
- **Personal medical kit** – your regular and prescribed medicines plus basic first aid; consult your doctor about altitude sickness before the trek

Others

Leh is the last place with an ATM and phone network, and only postpaid SIMs work in Ladakh, so sort out both before you leave town.

- **Cash** – withdraw enough in Leh for the on-the-spot fees (approx. ₹6,000–8,000), meals in Leh (not included) and personal expenses
- **Postpaid SIM** – prepaid SIMs do not work in Ladakh; network ends at Leh
- **Lunch box** – reusable, for packed lunches on the river
- **Snacks and ORS** – dry fruits, energy bars, chocolates and ORS sachets to stay hydrated in the dry cold
- **Power bank** – keep it in an inner pocket, as batteries drain fast in the cold
- **Extra luggage** – you can leave it safely in Leh while you are on the trek

Mandatory Documents

- **Government photo ID** – original plus a photocopy (passport, Aadhaar card, driving licence or voter ID); needed for permits and trek registration, so keep them in a waterproof pouch
- **Pre-trek medical check-up in Leh** – mandatory; the fee is paid on the spot
- **ALTOA NOC and permits** – rescue fees, wildlife/environmental charges and entry fees (approx. ₹6,000–8,000 in total, including the medical check), paid directly to the authority on the spot
- **High-altitude risk insurance** – mandatory before joining, as per ALTOA guidelines; not part of the trek package
- **Medical certificate** – signed by a doctor; mandatory for every trekker. The form is in My Bookings.

How to reach

BY AIR

Nearest airport: Kushok Bakula Rimpochee Airport (IXL), Leh, about 4 km from Leh town, with flights from Delhi and other major cities; international trekkers can fly into Delhi and connect to Leh. In winter flying is the only way to reach Leh, and January–February is peak Chadar season, so book your flights early.

From Leh Airport to the hotel: airport transfers are not included in the trek fee; we help you book a cab from Leh Airport to the Trekkaro Leh Hotel, paid directly to the driver. You spend the first three days in Leh to acclimatise and complete the mandatory medical check; the drive from Leh to the trek start (Day 4) and back (Day 8) is included.

Return: On Day 9 we help you book a cab from the Trekkaro Leh Hotel to Leh Airport (airport transfers are not included in the trek fee; paid directly to the driver); hotel check-out is 10:00 AM. Book your flight out of Leh for Day 9.

BY TRAIN

Nearest railway station: there is no railway to Leh. The nearest stations – Jammu Tawi, Chandigarh and Pathankot – all need a long road journey, and in winter the roads to Leh are closed by snow, so the only way in is to fly. If you travel by train, go to Delhi (or another city with flights to Leh) and take a flight from there.

From Leh Airport to the hotel: airport transfers are not included in the trek fee; we help you book a cab from Leh Airport to the Trekkaro Leh Hotel, paid directly to the driver. You spend the first three days in Leh to acclimatise and complete the mandatory medical check; the drive from Leh to the trek start (Day 4) and back (Day 8) is included.

Return: On Day 9 we help you book a cab from the Trekkaro Leh Hotel to Leh Airport (airport transfers are not included in the trek fee; paid directly to the driver); hotel check-out is 10:00 AM. Book your flight out of Leh for Day 9 and your onward train from the city you land in.

BY BUS OR ROAD

By road: not possible in the Chadar season. The Manali–Leh and Srinagar–Leh highways close by October or November and stay shut until late April or early May, so you must fly into Leh (Kushok Bakula Rimpochee Airport, about 4 km from town).

From Leh Airport to the hotel: airport transfers are not included in the trek fee; we help you book a cab from Leh Airport to the Trekkaro Leh Hotel, paid directly to the driver. You spend the first three days in Leh to acclimatise and complete the mandatory medical check; the drive from Leh to the trek start (Day 4) and back (Day 8) is included.

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Cancellation and **rescheduling**

UP TO 8 DAYS BEFORE

Free reschedule

Move to another batch once, transfer the booking, or take a 100% TrekCash voucher valid for one year.

CANCELLING

70% · 50%

70% refund 30 or more days before departure; 50% refund 15–29 days before.

8 TO 14 DAYS BEFORE

TrekCash

No cash refund, but a voucher for the full amount. Within 7 days: no refund. Full policy at trekkaro.com/terms#cancellation

If Trekkaro cancels a batch (low group size, trek leader unavailable, route closed, weather or government orders) you are told by e-mail and WhatsApp with the reason and get **100% of everything you paid**, however close to departure — as a TrekCash voucher valid 12 months, or a full refund if you prefer, or a free move to another batch.

OMI

Still have questions? Ask OMI anything

OMI is Trekkaro's AI trek advisor — fitness, weather, what to pack, dates, how to reach — in English, Hindi or your own language, any time of day. Tap anywhere on this box, or open trekkaro.com/trek/chadar-trek#omi, and the chat opens on the trek page.

BOOK OR ASK US ANYTHING

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